# REPORTS

OF THE

# Trustees, Steward and Superintendent

OF THE

# MAINE INSANE HOSPITAL,

# 1854.

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Published agreeably to Resolve of March 22, 1836.

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1855.

# OFFICERS OF THE INSTITUTION.

BOARD OF TRUSTEES.

R. H. GARDINER, Gardiner;
REUEL WILLIAMS, Augusta;
GILMAN L. BENNETT, Parsonsfield;
WILLIAM OAKES, Sangerville;
GEORGE DOWNES, Calais,
RICHARD WOODHULL, Thomaston.

HENRY M. HARLOW, M. D.,
Superintendent and Physician;
J. C. SMITH, M. D., Assistant Physician.

THEODORE C. ALLAN, Steward and Treasurer.

MARIA JOHNSON, Matron.

Rev. JOHN H. INGRAHAM, Chaplain.

# TRUSTEES' REPORT.

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# REPORT.

*To the Honorable the Governor and*
*Council of the State of Maine:*

In conformity with the requirements of law, the Trustees of the Maine Insane Hospital present their annual Report.

In compliance with the recommendation of the Trustees and of the Superintendent, the Legislature at its last session, made an appropriation for the erection of another wing to the Hospital, to be built under your superintendence; and it has afforded the Trustees very great satisfaction to see the progress of the work; and that with an additional appropriation from the Legislature, the wing will be ready for occupation before the next winter. This is very desirable, for it has been impossible to render the cottage a suitable place for patients; and yet from the necessity of the case, it has been used for the confinement of the most troublesome females.

The cottage is a brick building, and may at a trifling expense be converted into a very convenient laundry. By applying it to this use, the washing and ironing, necessarily great for such an institution, can be done with much greater facility, and the risk of fire to the main building will be materially lessened.

When the north wing is completed, there will be accommodation for 250 patients, as many as it is expedient to have under one superintendence. This number is less than half the insane persons in the State. If the public fully comprehended the advantages afforded by the institution, and that for a sum less than is paid for the board of a common laborer, a patient can be placed here under the best medical advice, with more comfort and better prospect of

the restoration of reason, than at his own home with very large expenditures, the applications for admittance would greatly exceed what the capacity of the Hospital, when completed, would allow of being received.

The Trustees stated in their last report, that the price of board of the patients, at two dollars a week, did not cover the expense. Part of the Trustees thought that the price should then have been raised; but as there was a balance due the Hospital from patients, they concluded to try one year more at the same price; but finding that the expenses still largely exceed the receipts, they have been obliged to raise the price of board, commencing the first of January, to $2.25 per week. The produce of the farm attached to the Hospital, estimated at prices paid in the market for similar articles, amounted the last year to nearly $2000; but for this, the patients could not be supported at the price now fixed for board. When the Hospital was rebuilt, the Commissioners made arrangements for a few patients to be accommodated with separate apartments and separate attendance. Where friends desire this and are willing to pay all the extra expense, the patients are thus accommodated.

The Trustees have, agreeably to invariable custom, visited, by committees of their body, the Hospital without giving previous notice to the officers of the time of the visit, every month; and have examined the Steward's accounts once a quarter. They have invariably found the Hospital neat, clean and in good order in every part of the buildings, and the patients as comfortable as persons with disordered reason could be expected to be. They have found the food wholesome, nutritious and abundant, and generally of the same kind and quality, as they have themselves partaken of at the table of the officers, when they have been on duty at the Hospital. Notwithstanding the excellent order in which the Hospital is kept, an epidemic broke out there early in August, attacking indiscriminately the patients, attendants and officers. At one time the Superintendent and Steward were both prostrated by disease. The disease was a combination of dysentery and diarrhœa. It continued three

months, during which time sixteen patients and one attendant died from it, out of ninety that had been ill. As soon as the disease broke out, it was thought advisable to request some of the most distinguished medical gentlemen to make a thorough examination of the Hospital, and endeavor, if possible, to ascertain the cause of the sickness, and prescribe a remedy. Drs. Hubbard, Briggs and Hill, all gentlemen of high standing in their profession—and one of them, Dr. Hubbard, had been for several years a trustee—made a thorough investigation of the premises, but could discover no adequate cause for the existence of the epidemic. The laws, governing the appearance and continuance of epidemic diseases in particular places, have hitherto escaped the penetration of the most skillful and scientific physicians, who have devoted much time to the investigation, both in this country and in Europe. It is known, that disease will linger longer in the abodes of squalid wretchedness than elsewhere; and yet epidemics will sometimes pass over such impure places, and attack the abodes of those, who live in pure air and possess all the comforts of life. That there should be a larger proportion of deaths among insane patients, than among those possessed of reason, is to be expected; for, besides that their general health is commonly not good, and they are therefore less able to resist disease, they frequently cannot be induced to conform to the prescriptions of the physician. During the illness of Dr. Harlow, Dr. Hubbard visited the Hospital every day for a month, and prescribed for the patients laboring under bodily illness. The illness of Dr. Harlow satisfied the Trustees that the appointment of an Assistant Physician should not longer be delayed. When the Hospital was burnt and the number of patients greatly reduced, the office had been discontinued; but without an Assistant the Superintendent cannot be absent a day, at any time, and must always be within a few minutes' call, a confinement too severe for a person upon whom so much care and anxiety necessarily rest; and in case of sickness, a neighboring physician must be called in, who cannot be acquainted with the circumstances attending each patient, and which if known, would modify the treat-

ment. They therefore have appointed Jerome C. Smith, M. D., a young man, who comes to them highly recommended, as Assistant Physician, with a salary of $300 per annum.

Much has been said in favor of the Hospital's being lighted with gas; and the Trustees are fully aware of the convenience and advantage of gas over every other species of light; but at present, gas could not be introduced at the Hospital, without the erection of separate works for its manufacture. This is occasionally done for single buildings with cheap works, manufacturing the gas from rosin; but these cheap works are liable to be out of order, and are seldom satisfactory. The advantage in using gas at the Hospital would not justify the erection of more expensive works; but gas will probably, ere long, be brought over to the East side of the river; and whenever that is done, it should be carried to the Hospital.

In several former Reports, the Trustees have stated the efforts that have been made to procure an abundant supply of pure water, so essential to the proper management of a Hospital, where many patients require the daily use of the bath, and some cannot be kept decent without using it still more frequently. A powerful spring, situated on ground higher than the highest portion of the roof of the Hospital, was purchased many years since, and an aqueduct laid therefrom to the buildings; but while the fountain is abundant, the supply therefrom is inadequate. The Commissioners, appointed by the Legislature, to rebuild the Hospital, four years since, supposed that the difficulty of obtaining the water of the spring, arose solely from the inequalities of the ground that the aqueduct passed over. They therefore, in order to have a continuous descent for the aqueduct, purchased the right of carrying the aqueduct through adjoining lands, and new laid the aqueduct with stout lead pipe of an inch and a quarter bore. This has about doubled the quantity of water discharged at the Hospital; but does not bring all the water that the fountain affords, and in the summer season does not give much more than a third of what is now needed; and when the new wing is completely occupied, the deficiency will be still greater. There

is no difference of opinion as to the cause of the difficulty. There is not sufficient head to overcome the friction and expel the air from the pipe. They believe that in a pipe of three inch bore, neither the friction or air would prevent the free discharge of the water Pipes formed of hydraulic cement have been recently introduced into use for aqueducts. They are much cheaper and more durable than lead, and not liable to oxidation. The Trustees have appointed a committee to investigate the subject more thoroughly; and if they find that a durable pipe of three inch bore, can be laid down in the room of the present lead pipe, and that the expense will not exceed what the old pipe will sell for, and the balance of a former appropriation remaining unexpended, amounting to $301 27, have directed that they should cause the new pipe to be laid down.

By a Resolve of the last session of the Legislature, an appropriation of $100 was made for the support of a Chaplain. The Trustees were fortunate in finding a gentleman adequately qualified, who would perform the duties for so small a compensation. The Rev. Mr. Ingraham was without parochial charge, and consented to accept the office, and has performed its duties since last May, preaching regularly every Sunday, at the Hospital, and attending the funerals of all who are buried here. The officers agree, that the services have a tranquilizing and beneficial effect upon the patients, and the Trustees recommend that the appropriation should be continued.

The Trustees would call your attention to that portion of their Report of last year, which refers to the discharge of patients from the Hospital. Formerly a patient could only be discharged by the Superintendent; but there was an appeal from him to the Trustees. By the law of August, 1847, an appeal was given to two Justices Quorum unus. By the law of August, 1849, the municipal authorities of the place to which the patient belonged, were authorized, when he had been confined six months, to inquire into his case; and to remove him if they thought proper, however strongly the Superintendent might remonstrate against it. Practically, no investiga-

tion takes place; but in some small towns, where selfish feelings are not restrained by a wholesome public sentiment, the selectmen, for the sake of a reputation for economy, will sometimes remove the most dangerous, homicidal patients. A strong case was mentioned in last year's Report. Ward, who in a fit of insanity, had maimed his brother for life, was sent to the Hospital. At the end of six months, he was removed by the selectmen of Whitefield against the remonstrances of the Superintendent. He was then set up at auction to be kept by the lowest bidder. Subsequently he murdered his best friend, Michael Skene, for which he was tried during the present year, and is now at the Hospital, at the expense of the State, the town of Whitefield thus saving two dollars a week, by the murder of one of its respectable citizens. The Trustees cannot too strongly urge the repeal of the law of August, 1849, giving to persons incompetent to form a correct judgment in the case, the power of removing dangerous patients from the Hospital.

In conclusion, the Trustees express their full belief, that all the various officers employed in the Hospital, faithfully perform the various duties assigned to them.

R. H. GARDINER,
R. WILLIAMS,
G. L. BARNARD,
WILLIAM OAKES,
GEORGE DOWNES,
RICHARD WOODHULL.

INSANE HOSPITAL, Augusta, Dec. 29, 1854.

# STEWARD'S REPORT.

# REPORT.

*To the Trustees of the Maine Insane Hospital:*

GENTLEMEN:—I herewith submit the annual statements of the expenditures and receipts of the Insane Hospital for the year commencing November 30, 1853, and ending November 30, 1854, together with a statement of the products of the Hospital Farm the past season.

## DISBURSEMENTS.

| | | |
|---|---|---|
| For Provisions, | $9,604 96 | |
| " Fuel and lights, | 1,395 55 | |
| " Labor, | 3,505 23 | |
| " Medicine, | 289 75 | |
| " Clothing, | 1,200 93 | |
| " Coffins and fixtures, | 72 08 | |
| " Books, stationary and postage, | 123 82 | |
| " Furniture, | 330 95 | |
| " Repairs, | 351 67 | |
| " Soap, | 62 00 | |
| " Harnesses, | 60 18 | |
| " Miscellaneous, | 573 88 | |
| | | $17,561 00 |

## RECEIPTS.

| | | |
|---|---|---|
| Cash in Treasury, Nov. 30, 1853, | $00,354 25 | |
| Cash received for board of patients and all other sources, | 17,162 33 | |
| | | $17,516 58 |
| Due Treasurer, Nov. 30, 1854, | | 44 42 |

## RESOURCES, Nov. 30, 1854.

| | |
|---|---|
| Debts due the Hospital for board of patients, &c., | $8,285 28 |
| Liabilities now standing against the Hospital, | 4,531 94 |
| Balance of resources, | $3,753 34 |

## Statement of the Products of the Hospital Farm for the season of 1854.

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 35 | tons | hay, | at | $16 | per | ton, | $560 00 |
| 550 | bushels | potatoes, | at | 50 | cts. | per bushel, | 275 00 |
| 150 | " | oats | " | 45 | " | " | 67 50 |
| 105 | " | beets, | " | 50 | " | " | 52 50 |
| 210 | " | carrots, | " | 25 | " | " | 52 50 |
| 300 | " | turnips, | " | 25 | " | " | 75 00 |
| 52 | " | corn, | " | 90 | " | " | 46 80 |
| 24½ | " | barley, | " | 1,00 | " | " | 24 50 |
| 6 | " | beans, | " | 1,75 | " | " | 10 50 |
| 250 | " | apples, | " | 33 | " | " | 82 50 |
| 5 | " | peas, | " | 1,50 | " | " | 7 50 |
| 7200 | pounds | pork, | at | 8 | cts. | per pound, | 576 00 |
| 3500 | " | squashes, | at | 1 | cent | per pound, | 35 00 |
| 800 | head | cabbages, | at | 5 | cts. | per head, | 40 00 |
| 6 | tons | straw, | at | $7 | per | ton, | 42 00 |
| | | | | | | | $1,947 30 |

T. C. ALLAN,

*Steward and Treasurer.*

# SUPERINTENDENT'S REPORT.

# REPORT.

*To His Excellency the Governor of Maine,*
*and to the Honorable Council:*

GENTLEMEN: We have arrived at the close of another year, devoted to the care of the most unfortunate and afflicted class of our fellow men, and are reminded of a legal duty incumbent upon us to report to you the condition and prospects of the Maine Insane Hospital.

Let us in the first place, acknowledge the unerring hand of Divine Providence, which has led us alike, through darkness and sunshine, through hope and fear, joy and sorrow, with His ever benignant smiles, to cheer and light up the rugged path in which we have been called to walk.

For a portion of the year just closed, the affairs of the Hospital have not been so prosperous and successful as at other times previous, though a larger number of patients have enjoyed the benefits of the Institution, and a goodly number have been restored to reason and usefulness.

About the first of August, an *epidemic diarrhœal dysentery* broke out in our wards, and for three months little else than the sick and dying occupied our attention. There was scarcely an individual connected with the Hospital family who escaped the ravages of the disease; officers, attendants, nurses and assistants shared alike with the patients in its attack. Just in the midst of the epidemic, when it would seem the services of the Superintendent

and Steward were most needed, we were prostrated, and unable to perform our duties. Having no medical assistant, we were obliged to call in a neighboring physician to attend the patients. Fortunately, the Trustees were able to procure the valuable services of Ex-Governor Hubbard, who was formerly for several years, a member of their Board, and who has always felt and taken a deep interest in the Hospital. He visited us daily for four weeks, and attended upon all the sick in the house, till we were able to resume our duties.

Notwithstanding all our efforts to combat the disease, it carried down to the grave seventeen members of our family, out of ninety cases attacked, among whom was a valuable and promising young woman from our corps of assistants.

We do not wonder that so many have died, when we reflect upon the character and condition of the constitutions the disease had to prey upon; but we are almost surprised that so many survived its ravages. The insane, generally speaking, possess feeble or enervated constitutions, and when seized with any considerable bodily disease in addition to what they are already afflicted with, nature resists but feebly its onward course. A large majority of those who have died the past year, whether from dysentery or other causes, were chronic cases of insanity, in whom there existed no hope of their reason being again restored had life been continued to them. Their bodies were enfeebled by long protracted disease o the brain and nervous system, and could but ill bear the addition of other maladies.

Much praise and credit are due the Steward and Matron, Supervisors, attendants and all the assistants for their unwearied exertions in administering to the wants of the sick and dying during the sad and melancholy time. There is a satisfaction, though mournful, in sitting by the side of a fellow mortal and doing what we can to relieve his earthly sufferings, when disease is rapidly floating him along to the brink of Time's mighty river, and

when all human effort to save life a little longer, proves futile, to feel that we have done what we could to smooth his pathway to the "house appropriated for all living."

We feel grateful that we are able to say that the Hospital now enjoys its accustomed degree of health—that the epidemical influence has left our family, we hope never to return again.

The present condition of the Institution is as good and its prospects as fair as any previous year. Our average number of patients has been larger than any year in its history, except one—the year the Hospital was burnt; and had it not been for the sickness, the per cent. of recoveries would also have been larger. The number of admissions has been considerably augmented, as has also been the number of discharges and deaths.

There were remaining in the Institution on the 30th of November, 1853, one hundred nineteen patients—sixty-one males and fifty-eight females. There have been admitted during the year, one hundred ten—fifty-seven males and fifty-three females; making a total under treatment of two hundred twenty-nine—one hundred eighteen males and one hundred eleven females. Of these, there had been discharged one hundred fourteen—fifty-six males and fifty-eight females; of which forty-nine *recovered*—twenty-six males and twenty-three females; fifteen *improved*—four males and eleven females; eighteen *unimproved*—ten males and eight females; *died*, thirty-two—sixteen males and sixteen females.

The causes of death were, *dysentery*, sixteen; *general paralysis*, five; *consumption*, two; *old age*, two; *marasmus*, two; *serous apoplexy*, one; *congestion of brain*, one; *typhoid fever*, one; *gangrene*, one; *epilepsy*, one.

Our bill of mortality is larger than any previous year, owing to the epidemic which carried off so many. The Institution has never been visited with an epidemic but once before, which was in 1848. It was then less extensive and less severe than the past season. Aside from this visitation, our number of deaths would not be

larger than in previous years, with the same number of patients. Our average number of patients the last year, has been 129.

| | | | |
|---|---|---|---|
| Average for 1853 | 109 | Average for 1846 | 93.9 |
| " " 1852 | 78.6 | " " 1845 | 80.2 |
| " " 1851 | 75.4 | " " 1844 | 70 |
| " " 1850 | 137 | " " 1843 | 65.3 |
| " " 1849 | 126 | " " 1842 | 59.2 |
| " " 1848 | 112 | " " 1841 | 50 |
| " " 1847 | 108 | | |

The civil condition of those who have been admitted is as follows: twenty-seven men and thirty-two women are married; twenty-six men and twelve women are single; eight are widows and five widowers.

Their extreme ages are 10 and 78; eight are over 10 and less than 20; twenty-two are over 20 and less than 30; thirty-two are over 30 and less than 40; twenty-six are over 40 and less than 50; fourteen are over 50 and less than 60; four are over 60 and less than 70; five are over 70.

The causes supposed to have produced insanity in those admitted the last year, are as follows: Ill health, 22; intemperance, 10; over exertion, 8; puerperal, 7; loss of friends, 6; masturbation, 4; domestic trouble, 4; epilepsy, 3; old age, 2; religious excitement, 2; loss of property, 1; injury of head, 1; disappointment, 1; defective early education, 1; loss of sleep, 1; burning charcoal in a room, 1; being struck by lightning, 1; unknown, 34.

Since the Hospital was opened for the reception of patients there have been 1430 admissions. Of these there have been discharged, 1316; recovered, 590; improved, 261; unimproved, 290; died, 175.

There are thirty-three foreigners and non-residents in the Institution, whose expenses are paid by the State, and also several other foreigners whose expenses will be paid in the end from the State Treasury, their accounts not yet having been allowed by the Legislature to the towns from which they came.

Many of those discharged as recovered or so far improved as to need no longer the treatment of the Institution, sooner or later relapse or have a recurrence of the disease, and are returned for further treatment. All who have ever been afflicted with this painful malady, even when fully recovered, are more susceptible to the disease than others less unfortunate; they ought always to be scrupulously watchful of both their physical health and mental condition—careful that they get the requisite amount of sleep—for when deprived of this for any length of time, the symptoms of the disease are liable to make their appearance. It is often a difficult point to decide when patients are sufficiently restored to leave the Hospital—when they are mentally strong enough to mingle in society, and enjoy the pleasures and comforts of their happy homes without endangering a relapse. It is a point on which the experienced and most sagacious may err. To avoid this, we have adopted the plan of discharging all those in whom we have doubts of their fitness, on trial for a period of two weeks, during which time they can be returned if they prove unable to remain at home, on the first commitment, without the trouble of procuring new papers.

Many, while under the quiet restraint and discipline of the establishment, manifest a calmness and self-control, which does not obtain the moment they are at liberty. Soon as they reach home they begin to exhibit symptoms of the disease, proving that it was only masked or dormant, and not eradicated.

Every year's experience in the care of the insane convinces us more and more of the importance of having kind and faithful attendants, who will promptly carry out our wishes in the treatment of the most perplexing and difficult class of invalids in the world. All who apply for a situation in this speciality have not the requisite qualifications for the employment. We employ those only who appear the best adapted to the situation, and retain none who are not kind and faithful to the patients. Attendants who enjoy good physical health are more likely to succeed in managing the insane, as they can bear the jeers and taunts which the insane alone know how

to thrust, better than those whose temper and disposition are warped by ill health. We are happy to say that our corps of attendants, nurses and assistants, the past year, has been, with few exceptions, worthy of their vocation, and such as we would always like to have about us to co-operate with us in the duties of the Hospital.

As in previous years, the farm has furnished good wholesome exercise and amusement for all of our male patients who have been willing to avail themselves of its advantages; and while they have been benefitted by the few hours labor each pleasant day, the products of the farm have come in to supply their tables with the "creature comforts," and so far assist in keeping their weekly expenses at a lower rate than we otherwise could.

Many of the females employ themselves usefully in various ways, knitting or sewing, or assisting the attendants in performing the duties of the wards, while others pass their time in reading or constructing some article of fancy. The garden and grounds about the Hospital have afforded them much pleasure and amusement in their out-door walks. In warm pleasant weather we make it a point to have all the patients in the open air during some part of each day, either riding or walking.

A portion of our patients who have a taste for reading, find the Library of the Institution a valuable source of pleasure in beguiling many of their secluded hours. A choice selection of new books are added to the Library each year, purchased by the income of the McLellan fund. The Library numbers nearly one thousand volumes, including the medical books presented by the heirs of the late Dr. Vaughan.

Devotional exercises are holden every evening in our pleasant little Chapel, where all who can preserve a good deportment are permitted to assemble and silently engage in sending up the aspirations of the heart to the "giver of all good."

On every Sabbath evening since the month of June last, we have enjoyed the pleasure of listening to a sermon from our worthy and excellent Chaplain, Rev. J. H. Ingraham, whose services were se-

cured by the Trustees, in accordance with a timely appropriation of the Legislature at its last session. He also officiates in the funeral obsequies of all who die in the Institution, whose remains are deposited in the Hospital burying ground.

Our condition in regard to a supply of water is the same as when we made our last report. Only about eight hogsheads per day have been furnished from the Tobey fountain, one mile and a quarter east of the Hospital. This, with what two small wells and a reservoir in front of the building have afforded, has been all the water we could command during the past summer, all of which has not exceeded an average of twenty hogsheads per day—an amount less by two-thirds than what we actually need for cleanliness and health of the inmates of the Institution. No better state of things in this respect will ever exist so long as a pipe of only 1 1-4 inches is allowed to remain in the trench leading from the back fountain to the Hospital. It is earnestly hoped that another season will not be allowed to pass without something being done to give us more water.

While before you, we would not forget to make our acknowledgements to all who have manifested a spirit of benevolence and kindness towards this great charity of our State. The Legislature has ever, with scarcely an exception responded promptly and liberally to our wants and necessities. A new north wing for the accommodation of females, for which an appropriation was made last winter, and the erection of which was commenced in the spring, has progressed well, and promises to be a firm, substantial and noble structure. There has not been a day during the year just closed, that we have not needed a part of the accommodations therein provided, to make a portion of our females who now occupy the out building, called the cottage, more comfortable and happy, to say nothing of the increased demand from the galleries. The apartments for females have at all times been full, and often uncomfortably crowded, obliging us to refuse several applications during the summer past. The wants of the Institution in this respect will not be likely to diminish the ensuing year, and we hope that before the

time shall arrive for another report to be made, the new wing will be finished and ready to occupy; then the original plan of the Hospital will be completed, and two hundred and fifty patients can be well accommodated,—as many as ever ought to be congregated in one Institution.

The Board of Trustees have, by committees, visited us regularly every month. For the interest they have manifested in our welfare, for the counsel and advice they have given us, we are under many obligations.

It may not be out of place to say a few words at this time on the causes which operate to produce insanity amongst us. The first question which naturally arises when we contemplate the subject, is, what is its nature and origin? Is it a mental or a physical disease, or are the body and mind both affected at the same time?

Upon this question there have ever been a diversity of opinions among mankind, entirely contradictory to each other. This evidently arises, as another has said, from the "total ignorance of the mind itself, and the little knowledge of the brain and nervous system by which it acts and is acted upon, that has hitherto been derived from the minutest anatomical research, and the most patient investigation." In the earliest oriental times, "the insane were believed to be possessed by demons," and even at this late period of the world's history—this nineteenth century—there are not a few who entertain the same notion. Hippocrates and other ancient writers, considered insanity as wholly a bodily disease, and treated it solely as such, although they did not agree as to its immediate cause. "He assigned it to a mixture of bile with the blood; others, to too great a determination of blood to the head." Some of the more modern writers have viewed it as purely a mental disease, and requiring only moral remedies to work a cure. But within the last half century, this latter theory has been exploded, and the old Hippocratal doctrine of its being a physical disease, adopted by all, or nearly all scientific men of the present day, as being the most reasonable and satisfactory.

That insanity has its seat in the brain and nervous system, we have no doubt, and are fully convinced that all its component parts are but signs or symptoms of some particular lesion of that part of the physical system. What the precise nature of that lesion always is, the pathologist with the most minute dissection and the nicest microscopic observations, has never as yet been able to reveal.

In the few remarks we shall make on the causes of insanity, we shall speak of them under three divisions; those which act directly on the brain and nervous system; those which act indirectly through the mind; and those which produce the disease by sympathy with other diseased organs of the body. But before taking up these divisions in their order, it may be well to make a few observations on the predisposing causes—the constitutional or hereditary predisposition to insanity.

It needs but a casual observation to convince any reflecting mind, "that there are certain constitutions in which there exists an evident predisposition to particular diseases." For instance, the physical organization of some persons marks them as peculiarly susceptible of apoplexy and tubercular consumption. Others have a natural tendency to gout, cancer and affections of the skin. Others again are peculiarly liable to bilious diseases. These we often find handed down from parents to children, through several successive generations. Had we no other means of learning the fact, it would be natural to infer that we should find in the brain and nervous system of some individuals a structure or organization adapted to take on disease peculiar to that organ as well as other parts of the body.

We generally find "children resembling their parents in conformation of body, in features and complexion, and even in the color of their hair and eyes, and it is natural to conclude that there is a similar resemblance in the structure of the brain and nervous system;" and as diseases of other organs of the body are transmitted from parent to child, so in like manner insanity is handed down from generation to generation. Indeed there is no doubt but insanity is

an hereditary disease. It does not follow, however, that every person who has insane parents or other relatives, will have the disease; it only shows that they have a structure of brain predisposed to it, which gives rise to insanity, rendering them more liable, and requiring more care and caution to avoid the immediate causes which are calculated to develop the malady.

In looking over our records we find out of 1200 patients who have enjoyed the benefits of our Hospital, 586 possessed the germs of insanity by inheritance, at least they all had insane relatives. We also find a large number of patients in whom no hereditary predisposition could be traced, but whose insanity was brought on solely by other predisposing causes. All of us who enjoy the blessings of reason are "more indebted to circumstances and education" for the priceless boon, "than we at first should be willing to acknowledge."

Errors in the early training and education of children have much to do in laying the foundation and paving the way for insanity. When this is added to an hereditary predisposition, as it sometimes is, few escape the awful calamity. Even in this point of view, how important and responsible is the position of parents and all who have the training and education of children, especially when they have insane ancestors or blood relations. Children predisposed to insanity by hereditary taint, should be allowed to follow their own inclinations, only so far as tends to their best good both in a mental and physical point of view. Nothing is more important—more conducive to mental health, than that they from earliest infancy be taught the principles of self-government. The individual who in early life—through childhood and youth—never had his inclinations thwarted or his passions subdued, is but ill prepared to enter the arena of subsequent life—to stem its mighty current—to brook the reverses and disappointments which meet him, almost at every point.

There is a disposition at the present day, to commence the intellectual instruction of children at a very early age, and push it

beyond what the tender, plastic brain will bear. While the moral faculties—the feelings and affections, are left with little or no culture, to follow their own bent or inclination. Thus insidiously and silently, much evil is often produced to the organ of the mind, that can never be eradicated. Not much is ever gained by unduly exercising the soft and delicate brain of childhood—by urging forward the tender opening bud into a kind of hot-house growth, however the result which immediately follows, may pamper and please the false ambition of doting parents. Few who exhibit precocity of intellect in their early years, ever fulfill the expectations of their friends, in after life.

"No physician," says the Quarterly Review, "doubts that precocious children, fifty cases for one, are much the worse for the discipline they have undergone. The mind seems to have been strained, and the foundation for insanity is laid. When the studies of mature years are stuffed into the head of a child, people do not reflect upon the anatomical fact that the brain of a child is not the brain of a man; that the one is conformed and can bear exertion, and the other is growing and requires repose; that to force the attention to abstract facts—to load the memory with chronological and historical, or scientific data—in short, to expect a child's brain to bear with impunity the exertions of a man's, is as rational as it would be to hazard the same sort of experiments on its muscles."

We were most forcibly struck, in reading not long since, an account of a class of students which graduated at one of our New England Colleges, in 1827. It was found that of this class, numbering twenty-three, all but two had survived the lapse of a quarter of a century, and it was also found that nearly every member of that class had arrived at adult age before entering College; thus escaping that premature excitement and development of the intellect which paves the way to mental disease, and furnishes tenants for many an early grave.

We are now prepared to speak of the immediate causes of insanity,

under the divisions laid down above, and will enumerate some of those which come under the first head, viz: those which act directly on the brain and nervous system.

The first and most obvious of these, is a blow on the head, which injures the brain directly, either by concussion or compression. Stupefaction is generally the immediate result of the latter, and frequently follows the former. Although the patient may recover from the stupefaction, he is quite liable if life continues, to become, subsequently, insane, in consequence of the injury done to the brain or its membranes. Fifteen of those who have enjoyed the benefits of the Hospital since it was first opened, became insane in consequence of blows on the head, all of whom but one were males. A stupid, inactive state is one of the most common features in the mind of the insane, in those whose disease was not induced by injuries of the head. This dullness and stupor we frequently find alternating with the active, excited state, and that very often the transition is sudden and unexpected. We doubt not that this stupor is occasioned by some unnatural compression of the brain from a sudden accumulation of fluid, or from a deposition too minute to be discoverable in *autopsia;* and when the transition takes place, it is not unreasonable to conclude, that the pressure is removed by some internal process of nature, as sudden it may be, as the removal of a bone by a trepan.

The next in order which we may mention, and which has come under our observation in several instances, is *coup de soleil* or sun stroke. The number of cases from this cause which have received treatment here is six, all males.

Another quite common and obvious cause, which acts directly on the brain, and gives rise to insanity, is the change which takes place in old age. The disease arising from this cause is termed *senile* insanity. Every year we have more or less such cases. As the evening shadows of life begin to dawn, it is no uncommon thing to see persons of the mildest and most amiable dispositions, become, under the dispensation of this calamity, so irritable and morose, so

unmanageable and unsuitable for society, as to make it absolutely necessary to restrain and confine them. It is a source of comfort and consolation in such cases, to think it does not arise from any moral change that has taken place in the individual, but is the effect of disease and decay of the material part of man.

Thirty-four persons of this class who were over 70 years of age, have been admitted into the Hospital as patients.

Apoplexy and epilepsy are frequent causes of insanity. There have been in the Institution twenty-eight of the former and twenty-nine of the latter class.

The last, but not least, cause which acts primarily on the brain, and produces insanity, is intemperance. No one who has ever tried it, can deny that ardent spirit taken into the stomach, produces an effect more or less upon the brain and nervous system, immediately after it is imbibed, and when persisted in to a certain degree *mania a potu* is the almost inevitable result. Number of cases that have been treated here from this cause, seventy-five,—number indirectly from intemperance, thirty-seven. A free use of opium and tobacco not unfrequently have produced insanity.

We now come to our second division of causes,—those which operate indirectly on the brain and nervous system, through the mind. The most frequently of these—the cause which claims by far the longest catalogue of cases, is over action of the brain. Indeed it seems to embrace all those cases which are attributed to moral causes, such as intense study and long continued mental application, domestic trouble, disappointed affection, disappointed ambition, affliction by sickness and death of friends, jealousy, ungoverned passion, mortified pride, pecuniary embarrassment, poverty, spiritual rappings, religious excitement, and many others we might mention that are put down as causes of insanity. One of the first symptoms which arises when insanity is caused by over action, and which ought to excite the attention of every individual who feels it creeping upon him, is the loss of the necessary sleep and repose which the nerves and brain require. Much might be done at this

incipient stage of the disease to avert the dreadful evil which hangs over and threatens him. There are but few cases of insanity without this premonitory symptom, and it usually accompanies the disease in its onward progress. Some two hundred and thirty cases from this cause have enjoyed the benefits of this Institution since it was first opened.

Having glanced upon the causes which act upon the brain directly and those which act indirectly through the mind, we will consider our third division,—those which affect the brain by sympathy with other diseased parts of the body.

The brain being the great center of all the nerves, which are distributed to every part of the human frame, forming a vast and complicated net-work, it is natural to infer that when the different organs, one or more of them, become in any way diseased, an influence would be reflected upon the great nervous center, and it is this influence which, in a great many cases produces insanity. Under this arise all those cases which are attributed to ill health, and they are not few. The stomach and other abdominal viscera are peculiarly susceptible of influences from the brain, so on the other hand, the brain sympathises with the stomach and its associate organs, in their functional or organic derangements. A diseased state of the liver and functional derangement of the stomach and intestines, giving rise to indigestion, is often reflected upon the brain in such a manner as to produce mental aberration, and it is generally marked by melancholy and depression of spirits. Number from this cause in the Institution, two hundred and forty-four.

In the female, functional or organic disease of the womb and its appendages, is a frequent primary source of mental aberration, as all are aware who have investigated the subject. The puerperal state is peculiarly liable to produce insanity in all who are susceptible to the disease from predisposition. There have been forty-three cases in the Hospital from this cause.

Every species of vice which tends to weaken and impair the constitution may lead to insanity. But there is one evil existing among

the young of both sexes which seems to have an almost specific effect upon the brain in some constitutions—the secret, revolting indulgence of which is unsuspected till the mental and physical powers begin to fail, and the melancholy victim precipitated beyond the reach of all remedial agency. Says an English writer, conversant with insanity in all its forms, its causes and treatment, "would that I could take its melancholy victims with me in my daily rounds, and could point out to them the awful consequences which they little suspect to be the result of its indulgence. I could show them those gifted by nature with high talents, and fitted to be an ornament and a benefit to society, sunk into such a state of physical and moral degradation as wrings the heart to witness; and still preserving with the last remnant of a mind gradually sinking into fatuity, the consciousness that their hopeless wretchedness is the just reward of their own misconduct." We might give further details on this point, but suffice it to say that forty cases that have received treatment in this Institution were painful sufferers in consequence of the vile practice of *secret vice.*

Cases of insanity, connected with tubercular consumption, are quite common. We have more or less of them in the Hospital every year. It is interesting, though painful, to watch the progress of disease in these cases. To see its withering effects, first upon the lungs and then upon the brain; then perhaps it will leave the brain and go back to the lungs, thus alternating between these two great vital organs of the body. Patients thus afflicted, but seldom recover.

Insanity often arises from sympathy with diseases of the heart.

Exposure to cold and the vicissitudes of the weather, not unfrequently produces insanity in constitutions predisposed to the disease. Many of the cases which occur in an agricultural community, are traceable to this source, especially in persons who have suffered from previous attacks.

There seems to exist such a strong sympathy between the brain and skin, that the repelling of some cutaneous eruption, the too sudden closing up of an old ulcer, the drying up of an issue, has, in

many instances, produced insanity. The same is also effected some times by the suppression of the various secretions of the animal economy. Insanity appears in many cases in consequence of fevers, either of a low debilitating form, or of an inflammatory nature. Although we have not mentioned all the causes, we have enumerated, the principal ones which come under the three divisions of our subject.

We cannot allow this Report to go from us, without alluding to the loss the Institution has sustained the past season in the sudden death of Dr. Millett, of Lewiston. He was ever a warm friend and supporter of the Hospital, and for several years served as one of the Trustees.

We have received gratuitous visits, every week, from the following *newspapers*, for which we would express our sincere thanks to their several editors and publishers. The Age, Kennebec Journal, Maine Farmer, and Gospel Banner, Augusta; Hallowell Gazette, Hallowell; Northern Home Journal, Gardiner; Christian Mirror, Portland; Saco Democrat, Saco; Republican Journal, Belfast; Democratic Advocate, Lewiston Falls Journal, and Touchstone, Lewiston; Bangor Courier and Weekly Mercury, Bangor; Morning Star, Dover, N. H.; [by politeness of Rev. Ebenezer Knowlton;] Olive Branch and Religious Magazine, Boston; New York Tribune, The Independent, N. Y.; [By kindness of Edward Fenno, Esq.;] besides these, we have received frequent packages of papers from several who have been patients here, and who knew from experience how the inmates prize the reading of a newspaper. Mr. Fenno has sent us bundles of books and pamphlets, as usual. Hon. Hannibal Hamlin, of Hampden, and Hon. S. P. Benson of Winthrop, have sent us valuable Documents from Washington. Capt. Isaac Gage, of Augusta, has kindly allowed us the use of his excellent Barometer, another year. For all these kindnesses and many others, not here mentioned, we are much indebted to our friends.

To Mr. Allan and Miss Johnson, our Steward and Matron, we would express our pleasure and satisfaction for their hearty co-operation in conducting the affairs of the Hospital; also, to the

Supervisors and all who have been engaged with us the past year, for the spirit of urbanity and kindness they have ever manifested. And as we commence the duties of another year, we would renewedly commend the Institution with all its interests, to the beneficent care of Divine Providence, and the good will of the people.

HENRY M. HARLOW.

MAINE INSANE HOSPITAL, November 30, 1854.

# APPENDIX.

At a meeting of the Association of Medical Superintendents of American Institutions for the Insane in Baltimore, May 10, 1853, the following propositions relative to the organization of Hospitals for the Insane, were adopted, "as the unanimous sentiments of the Association, on the subjects referred to; and it was recommended to the different Superintendents to publish them, with those previously adopted, as an appendix to their Annual Reports, for the purpose of giving them more general publicity."

1. The general controlling power shonld be vested in a Board of Trustees or Managers, if of a State Institution, selected in such manner as will be likely most effectually to protect it from all influences connected with political measures or political changes; if a private corporation, by those properly authorized to vote.

2. The Board of Trustees should not exceed twelve in number, and be composed of individuals possessing the public confidence, distinguished for liberality, intelligence and active benevolence; above all political influence, and able and willing faithfully to attend to the duties of their station. Their tenure of office should be so arranged that where changes are deemed desirable, the terms of not more than one-third of the whole number should expire in any one year.

3. The Board of Trustees should appoint the Physician, and on his nomination, and not otherwise, the Assistant Physician, Steward and Matron. They should, as a Board or by Committees, visit and examine every part of the Institution at frequent stated intervals, not less than semi-monthly, and at such other times as they may deem expedient, and exercise so careful a supervision over the

expenditures and general operations of the Hospital, as to give to the community a proper degree of confidence in the correctness of its management.

4. The Physician should be the Superintendent and Chief Executive officer of the establishment. Besides being a well educated Physician, he should possess the mental, physical and social qualities to fit him for the post. He should serve during good behavior, reside on or very near the premises, and his compensation should be so liberal as to enable him to devote his whole time and energies to the welfare of the Hospital. He should nominate to the Board suitable persons to act as Assistant Physician, Steward and Matron. He should have the entire control of the medical, moral, and dietetic treatment of the patients, the unrestricted power of appointment and discharge of all persons engaged in their care, and should exercise a general supervision and direction of every department of the Institution.

5. The Assistant Physician, or Assistant Physicians where more than one are required, should be graduates of medicine, of such character and qualifications as to be able to represent and perform the ordinary duties of the Physician during his absence.

6. The Steward, under the direction of the Superintending Physician, and by his order, should make all purchases for the Institution, keep the accounts, make engagements with, pay and discharge those employed about the establishment; have a supervision of the farm, garden and grounds, and perform such other duties as may be assigned him.

7. The Matron, under the direction of the Superintendent, should have a general supervision of the domestic arrangements of the house, and under the same direction do what she can to promote the comfort and restoration of the patients.

8. In Institutions containing more than 200 patients, a second Assistant Physician and an Apothecary should be employed, to the latter of whom, other duties in the male wards may be conveniently assigned.

9. If a Chaplain is deemed desirable as a permanent officer, he should be selected by the Superintendent, and like all others engaged in the care of the patients, should be entirely under his direction.

10. In every Hospital for the insane there should be one Supervisor for each sex, exercising a general oversight of all the attendants and patients, and forming a medium of communication between them and the officers.

11. In no Institution should the number of persons in immediate attendance on the patients, be in a lower ratio than one attendant for every ten patients; and a much larger proportion of attendants will commonly be desirable.

12. The fullest authority should be given to the Superintendent to take every precaution that can guard against fire or accident within an Institution, and to secure this, an efficient night watch should always be provided.

13. The situation and circumstances of different Institutions may require a considerable number of persons to be employed in various other positions; but in every Hospital, at least all those that have been referred to, are deemed not only desirable, but absolutely necessary, to give all the advantages that may be hoped for, from a liberal and enlightened treatment of the insane.

14. All persons employed in the care of the insane, should be active, vigilant, cheerful and in good health. They should be of kind and benevolent disposition, be educated, and in all respects trustworthy; and their compensation should be sufficiently liberal to secure the services of individuals of this description.

The following are the names of persons employed at the Maine Insane Hospital:

HORATIO TUTHILL, *Supervisor.*
BENJAMIN NASON, *Attendant.*
ELHANAN WHITCOMB, "
AUGUSTUS HEWINS, "
JOSEPH TRASK, "
GEORGE RAMSELL, "
JEFFERSON PARSONS, *Farmer.*
FRANKLIN CHADWICK, *Fireman.*
DANIEL HOLSWORTH, *Watchman.*
WELCOME WILSON, *Baker.*
Mrs. BETSEY PARSONS, *Supervisor.*
HESTER A. SAWYER, *Attendant.*
ABBY MATHEWS, "
AVIS MATHEWS, "
REBECCA M. LEE, "
ORINDA WILLIAMSON, "
MINERVA PEASLEY, "
MARY BURNS, *Cook.*
ALMIRA COLLINS, *Assistant Cook.*
HARRIET WEEKS, *Seamstress.*
MARY WEEKS, *Assistant Seamstress.*
LYDIA HARDING, *Table Girl.*
SOPHIA CRABTREE, *Chamber Girl.*
MARGARET MARTIN, *Wash Girl.*
SYLVINA SPILLER, " "

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Extract from the Regulations of the Hospital.

Male patients admitted into the Institution, should come provided with at least two strong cotton shirts; coat, vest and pantaloons of strong woolen cloth; two pairs of woolen socks or stockings—one

neck cravat or stock—one hat or cap—and one pair of boots or shoes.

Females should have at least the same quantity of under clothes, including shoes and stockings, decent bonnet, and two substantial dresses. In both cases the articles should be new and in good condition. The woolens should be of dark color. The price of board, washing, medicines and attendance, is fixed at $2.25 per week.

No person over twenty-one years of age, can be received without the certificates required by the Act of 2d August, 1847.

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### Form of Certificate and Order for Admission.

### STATE OF MAINE.

*To the Superintendent of the Maine Insane Hospital:*

Whereas, the undersigned, Selectmen [or Mayor and Aldermen] of ——, in the county of ——, this day, on complaint to us made in writing, of ——, of ——, in said county, —— of ——, of said ——, who therein says that said —— is insane and is a proper subject for said Hospital, made due inquiry into the condition of said ——, and called before us such testimony as was necessary to a full understanding of the case: whereupon it appeared to us that said —— was insane, and we were of opinion that the safety and comfort of said —— and others interested, would be promoted by a residence in said Hospital, and accordingly determined that said —— be sent forthwith to said Institution.

We therefore certify that said —— is insane, and that —— was residing commorant and found in the town of ——, aforesaid, at the time of arrest and examination aforesaid; and you, the said Superintendent, are hereby ordered and required to receive said —— into said Hospital, and detain —— in your care until —— shall become of sound mind, or be otherwise discharged by order of law, or by the Superintendent or Trustees.

Given under our hands, at said ——, this —— day of —— in the year of our Lord one thousand eight hundred and fifty —.

*Selectmen or*
*Mayor and Aldermen.*

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## Form of Bond for Support.

Know all men by these presents, That we,——, of ——, in the county of ——, as principal, and ——, of ——, in the county of ——, as surety, are held and bound unto —— ——, Steward of the Insane Hospital, at Augusta, or to his successor in said office, in the sum of two hundred dollars, to the payment of which sum well and truly to be made to him the said —— ——, or to his executors and administrators, firmly by these presents.

*Sealed with our seals, and dated at —— this —— day of ——, A. D.* 185 —.

*The condition of this obligation is such,* That whereas —— ——, of ——, in the county of ——, is about to be admitted as a boarder and patient, in the Institution aforesaid:

Now if the said —— —— shall pay to said —— ——, or to his successor in office, —— per week for board, washing, medicine, and attendance, and pay for such necessary articles of clothing as shall be furnished to the said —— —— by the said —— ——, or his successors and remove the said —— ——; and for reasonable charges that may be incurred in case of the elopement of said —— ——; payments to be made semi-annually, and at the time of removal, with interest on the amount after it becomes due, as aforesaid; then this obligation to be null and void, otherwise to remain in full force and virtue.

[L. S.]

*Witness.*

[L. S.]

# QUESTIONS

**To be answered by the patient's family or Physician.**

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1. Age?
2. Married or single?
3. Occupation?
4. How old at first attack?
5. Date of present attack? what appearances?
6. What changes since?
7. On what subjects?
8. Any rational intervals?
9. Any relations ever insane, and who were they?
10. Ever attempted suicide or homicide, and in what manner?
11. Destructive to clothes or property?
12. Disposed to filthiness of person or habits?
13. Any restraint or confinement been applied? If any, what?
14. If former attacks, how many, and how long did they continue?
15. What natural peculiarities? power of self-control? temper? disposition? predominant passion? disappointments as to property, affections, wounded pride, loss of friends, family troubles, intemperance in use of ardent spirits, tobacco, &c.?
16. History of any bodily disease, especially suppressions of evacuations, eruptions, sores, &c.; injuries, epilepsy, palsy, &c.
17. What cause or causes are supposed to have induced the attack?
18. What curative means have been tried? State if blood-letting has been resorted to; if so, to what extent?